

St James' Church of England

Primary School



Name of Policy /Guidance	Whole School Food Policy
Review Date	<u>March 2024</u>
Next Review Date	<u>March 2028</u>

# WHOLE SCHOOL FOOD POLICY

## 1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Healthy food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

### 2.1 Food and Drink Provision Throughout the Day

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs. For more information, please refer to: <https://www.schoolfoodplan.com/>. Fresh, clean, free drinking water is available for children every day.

### 2.2 Breakfast and After school clubs

Wraparound care is offered at both sites. Breakfast/Snack tea is served at Breakfast/After School Club (KS1) and Junior Adventures Group (KS2).

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals. The following foods/drinks are offered at breakfast:

A variety of different fruits, a selection of fortified low sugar cereals, a variety of different types of bread including wholegrain varieties. We offer reduced sugar jam occasionally and lower sugar dairy products such as yoghurt.

The following foods/drinks are offered for snack tea:

Fresh fruit and vegetables, wraps, sandwiches, vegetable sticks with dips, salad, a variety of small snacks – e.g. one slice of bread/toast with a healthy topping such as sliced egg, hummus, cream cheese, canned fish, sliced vegetables.

Fresh drinking water is always available at breakfast and after school.

### 2.3 Snacks

At St. James' school we understand snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet.

Fresh fruit is offered to all children. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day. In addition, KS2 children are also offered the same fruit/vegetables, purchased by school. We do not allow snacks to be brought in from home unless children have a specific dietary need or allergy.

## 2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is provided by our in-house cooks, and only the best quality produce is purchased.

Southwark Council provide a healthy free school meal to all primary age children, regardless of eligibility. The school encourages parents/carers to opt for school lunches for their children, as it is can be an easier way of ensuring they get a nutritionally balanced meal.

St. James' C of E Primary School is advised by an outside catering firm, HEP (Healthy Eating Partnership), who ensure school follow all advice and guidelines.

If a class are on a school trip and will miss lunch service, packed lunches are provided by school and should not be brought in from home. This ensures food guidelines are met.

## 2.5 Drinks

Water is available for all pupils throughout the day, free of charge. Children can refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks, and smoothies due to the sugar content, preservatives, colourings, flavourings, and sweeteners. Packed lunches brought in from home should not contain any other drink apart from water or milk.

## 3. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Healthy Schools Lead;
- HEP;
- Parents / carers;
- Catering staff at school including chefs and lunchtime supervisors;
- Person responsible for budgeting;
- Teacher and teaching assistant representation;
- School Governors;
- School Food Matters;
- Pupils, via pupil voice.

## 4. Food and Drink brought into school and parent engagement

### 4.1 Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches and advice is available via our website. For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc;
- Protein foods – including meat, fish, eggs, beans etc;
- A dairy item – this could be cheese or a yoghurt;
- Vegetables or salad;

- A portion of fruit;
- A healthy drink such as water or milk.

<b>INCLUDE:</b>
<ul style="list-style-type: none"> <li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li> <li>- Meat, poultry, fish, and non-dairy protein e.g. pulses</li> <li>- Oily fish at least once every few weeks (e.g. sardines, salmon)</li> <li>- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties</li> <li>- A dairy product milk, cheese, and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified</li> <li>- Water or milk (semi-skimmed or skimmed).</li> </ul>

<b>LIMIT:</b>
<ul style="list-style-type: none"> <li>- Processed meat products sausage rolls, pies, sausages etc</li> <li>- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</li> <li>- Fruit juice: no more than 150mls per day (restricted to children aged 5+)</li> </ul>

<b>DO NOT INCLUDE:</b>
<ul style="list-style-type: none"> <li>- Salty snacks such as crisps, nuts etc</li> <li>- Sweets and chocolate</li> <li>- Sugary soft drinks</li> </ul>

For more information and practical tips for children aged 5 years and above:  
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Packed lunches should be brought in at the beginning of the day and are stored safely. Children with packed lunches sit with all other pupils in the hall. Packed lunches should never be shared with other children. We do not require notice, and if a child chooses to have a school lunch this is always an option. Menus work in 3-week cycles and are available on our website.

## **6. School events, trips, birthdays, and special occasions**

Cakes/sweet treats are not permitted to be brought into school for birthdays/celebrations. The NHS's Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

## **7. Special Dietary Requirements**

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including children wearing badges with details of foods not permitted. Lists, with photos of children are regularly updated for all kitchen staff and class teachers. A vegetarian option is available at every meal sitting.

Staff have completed training to enable them to manage food allergies, intolerances, and dietary requirements.

## 8. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children: hand washing, saying grace, queuing quietly, eating together from china plates and cutlery. Children help to clear away, wipe down tables etc, under the supervision of a lunch-time assistant. There is a reward system in place. Fresh drinking water is readily available. St. James' school encourage all children to try different foods on offer. Staff are encouraged to try the food and eat with the children, so lunch is a more social experience.

## 9. Food Safety

We ensure food safety at all stages of food preparation and storage, including adequate facilities, suitable equipment, risk assessments and hazards identified. Staff are regularly trained, and all kitchen staff hold Level 2 food safety certification.

## 10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition, and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information, please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

We offer clubs that provide continues learning around a healthy lifestyle for example, gardening, sports, cooking club.

## 11. Monitoring and Evaluation

- We monitor the menus and food waste and have monthly meetings with HEP;
- Healthy Schools London Bronze award.